

# THINKING ABOUT SUICIDE IS A CRY FOR HELP!



**S**uicide is the act of an individual who makes an intentional, direct, and deliberate effort to end their life.

Life can be complicated for many teens, and for some, this emotional overload can lead to depression or alienation, the feeling of being isolated and separated from everyone else. When teens find themselves desperately unhappy with the life they live, they may resort to suicide in an attempt to end the pain they have inside.

Don't let suicide be the remedy to end your life! Speak up and reach out!

If you know a teen who is thinking about suicide, or if you are at risk for suicide, take it seriously. You can make a difference!

## RESOURCES

Department of Health Injury Prevention & Control  
Leahi Hospital/Trotter Building Basement  
3675 Kilauea Ave., Honolulu, HI 96816  
Phone: (808) 733-9320  
[www.nogethurt.hawaii.gov](http://www.nogethurt.hawaii.gov) or <http://hawaii.gov/health>  
To register for suicide intervention workshops, go to:  
<http://hawaii.gov/health> and scroll down to "Suicide Intervention Workshops"

Pua Kaninau-Santos  
Queen Lili'uokalani Children's Center  
1300 A Halona St., Honolulu, HI 96817  
Phone: (808) 851-7731  
Email: [kkanina@qlcc.org](mailto:kkanina@qlcc.org)

SAVE – Suicide Awareness Voices of Education  
8120 Penn Ave. S., Suite 470, Bloomington, MN 55431  
Phone: (952) 946-7998  
[www.save.org](http://www.save.org)

American Association of Suicidology  
5221 Wisconsin Avenue, NW, Washington, DC 20015  
Phone: (202) 237-2280  
Fax: (202) 237-2282

American Foundation for Suicide Prevention  
120 Wall Street, 22nd Floor, New York, NY 10005  
Phone: (212) 363-3500 Toll-free: 1-888-333-AFSP (2377)  
Fax: (212) 363-6237

[Reachout.com](http://Reachout.com)  
This website – sponsored by the national non-profit Inspire USA Foundation – provides "information and support services to teens and young adults facing tough times and struggling with mental health issues."



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# TEEN SUICIDE



## Let's Talk About It!

## WHAT INCREASES A TEEN'S RISK OF SUICIDE?



### ❖ **Strained Relationships:**

- Parents
- Family
- Boyfriend/ Girlfriend
- Friends
- Others

### ❖ **Emotional Distress:**

- Depression/ Alienation
- Bi Polar
- Anxiety
- Eating Disorder

### ❖ **Loss:**

- Death of a loved one
- Breakups

### ❖ **Bullying:**

- Cyber
- Physical
- Emotional

### ❖ **Sexual Orientation**

- Gay
- Lesbian
- Bi Sexual
- Transgender

## RECOGNIZING THE WARNING SIGNS

### ❖ **Verbal Signs**

- Direct Statements:
  - *"I want to die."*
  - *"I hate my life."*
- Indirect Statements:
  - *"I won't be a problem for you much longer."*
  - *"Nothing matters."*
- Writing poems, songs, or diary entries about death

### ❖ **Nonverbal & Behavioral Signs**

- Withdrawal from friends
- Feelings of guilt, shame, or rejection; hopelessness; negative self-evaluation
- Lose interest in favorite things or activities
- Substance/alcohol abuse
- Change in sleep patterns
- Drop in grades
- Dramatic changes in moods, hygiene, or appearance
- Seeing no reason for living



## SUICIDE IS PREVENTABLE!!!

### GET HELP NOW!



### ❖ **Talk to someone you TRUST about your problem(s):**

- Friend
- Family Member
- Coach or Mentor (someone who helps you – teachers, coaches, etc.)
- School Counselors/ Teachers
- Religious Leaders
- Doctors
  - Psychiatrist
  - Therapist
  - Others

### ❖ **Hotlines to call:**

- ACCESS Line  
**832-3100 (Oahu)**  
**1-800-753-6879 (Neighbor Islands toll free)**
- Teen Line Hawaii  
**521-TEEN**
- National Suicide Prevention Lifeline, **1-800-273-TALK**